Dr. Uday Jani, medical director for the Integrative Health program at Beebe Medical Center, has completed his Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine created by Andrew Weil, MD in 2000. Integrative Medicine is healing-oriented medicine that takes into account the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

Fellowship in Integrative Medicine at the Arizona Center is a 1,000 hour, two-year distance learning program. The Fellowship in Integrative Medicine has achieved international recognition as the leading integrative medical education program in the world. Dr. Jani is the first primary care physician in Delaware to complete the program. Participating in the Fellowship re-energizes, restructures and reframes the perspective of medicine. It teaches a new way of caring for patients, with emphasis on the individual, not simply the disease, and on prevention not just treatment.

The Defining Principles of Integrative Medicine

1. Patient and practitioner are partners in the healing process.
2. All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
3. Appropriate use of both conventional and alternative methods facilitates the body’s innate healing response.
4. Effective interventions that are natural and less invasive should be used whenever possible.
5. Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
6. Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
7. Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
8. Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.

Fifteen Years of Integrative Medicine at Beebe Medical Center

The Integrative Health program at Beebe Medical Center has served the community for fifteen years beginning in November 1997 with the hiring of coordinator, Cheyenne Luzader, MS. It is one of the longest existing hospital programs in the US and the first on Delmarva. This spring, new services to the community will include expansion of services to:

- Post surgery recovery patients
- Sale of relaxation items in the hospitals’ Auxiliary Gift Shop
- Tele-video classes to two or more locations simultaneously

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- Biofeedback
- Music for Recovery
- Audio / Video Library
- Qigong
- Chiropractic Consultation
Qigong: Five Treasures - Dotty Domingue
Dotty Domingue teaches Qi Gong, a gentle Chinese practice of aligning breath, movement, and awareness, used for exercise and healing. Its roots are in Chinese medicine and martial arts. It can be practiced standing or sitting. Dotty’s teacher is Master Chan Zhang from China. Dotty will repeat Five treasures each month for extra practice. Students may attend any or all sessions.

Lessons From A Near Death Experience - Jayne Smith
Jayne Smith shares insights for living and loving gained from a near death experience in 1952 while giving birth to her second child. She is a member of the International Association for Near Death Studies (www.iands.org) and has been active in consciousness raising studies and speaking. She has been a guest on Oprah Winfrey, CBS Morning News, Charlie Rose Show and People Are Talking.

Native American Medicine * Dancing With Poi Balls * Breathing Meditation with Bamboo Flute * Relaxation and Guided Imagery - Cheyenne Luzader, MS, Certified teacher of MBSR, Certified Hawaiian Healer/Teacher, Certified Clinical Hypnotherapist. There are many methods from various cultures that can help us heal mind, body and spirit. Cheyenne shares her experiences with Native American practitioners, a mindfulness movement meditation based on Maori traditional dance with poi balls, and a combination sound healing and mindfulness meditation teaching participants to increase breath with the bamboo flute. She will also teach relaxation and guided imagery in a tele-class between the Integrative Health office in Lewes and Easter Seals in Georgetown.

Plant Based Eating - Dorothy Greet, M.Ed, M.Div
Dorothy is a heart attack survivor and is reversing her heart disease through plant-based eating. (heartattackproof.com). She will talk about disease prevention and reversal. This course is based on the research of Colin Campbell, Ph.D. (Cornell), CHINA STUDY and Caldwell Esselstyn, MD (Cleveland Clinic) PREVENT AND REVERSE HEART DISEASE. Dorothy is retired clergy and holds a certificate in plant-based nutrition from Cornell University as well as other degrees.

Update on Herbs and Supplements * Understanding Homeopathy and * Ayurvedic Medicine - Uday Jani, MD
Dr. Jani will cover the latest research to help you safely and wisely partner with your physician to use herbs and supplements. He will also help you understand the Ayurvedic system of medicine practiced in India for thousands of years and the newer Homeopathic medical system based on theory different from other medical practices. Dr. Jani is in private practice at Shore View Medical in Milton.

Sinus Cleansing With Neti Pot * Guasha: Ancient Chinese Method of Pain Relief - Denise Demback, L.Ac.
The Chinese practice of acupuncture is thousands of years old but is relatively new to Western medicine. Denise will demonstrate the use of the neti pot for sinus cleansing. Guasha (or Gua Sha) is a little-known Asian traditional medicine treatment which involves palpation and cutaneous stimulation. Ms. Demback will discuss the various disorders that are usually treated by acupuncture and the method and uses of Guasha. Ms. Demback is a licensed acupuncturist and Chinese herbalist with a practice in Milton.

Peruvian Healing - Jose Pando, MD
Dr. Pando will discuss traditional healing practices of the native people of Peru including their use of herbs and rituals that evolved from basic animal offerings to heart centered healing techniques. Dr. Pando is a rheumatologist in Lewes.
Jan - May

Qigong: Five Treasures - Dotty Domingue
Jan 30, Feb 20, Mar 6, Apr 3, May 1
Wed 3-4 pm
Epworth Methodist Church - 227-7743 x107

January

Native American Medicine - Cheyenne Luzader, MS
6-7 pm
Lewes Library, 2nd fl - no registration needed - 645-3528
Sponsored by Lewes Library, Wilmington University and Beebe Medical Center

28 Mon
Sinus Cleansing with Neti Pot - Denise Demback, L.Ac.
12 -1 pm
Beebe Medical Center, Classroom 4, 1st fl - 645-3528

February

Lessons From The Near Death Experience - Jayne Smith
3-4 pm
Beebe Medical Center, Classroom 2, 2nd fl - 645-3528

28 Thu
Dancing With Poi Balls - Cheyenne Luzader, MS
3-4 pm
Beebe Medical Center, Classroom 2, 2nd fl - 645-3528

March

Relaxation and Guided Imagery - Cheyenne Luzader, MS
1-2 pm
Two locations: Cancer Support Community -645-9150
(via televideo) to Easter Seals, Georgetown - 253-1121

27 Wed
Update on Herbs and Supplements - Uday Jani, MD
4-5 pm
Cancer Support Community - 645-9150

April

10 Wed
Understanding Homeopathy - Uday Jani, MD
4-5 pm
Cancer Support Community - 645-9150

15 Mon
Guasha: Ancient Chinese Method of Pain Relief - Denise Demback, L.Ac.
3-4 pm
Beebe Medical Center, Classroom 4, 1st fl - 645-3528

29 Mon
Plant Based Eating – Dorothy Greet, M.Ed, M.Div.
3-4:30 pm
Cancer Support Community - 645-9150

May

Breathing Meditation with Bamboo Flute - Cheyenne Luzader, MS
3-4 pm
Integrative Health Rm 1175 - 645-3528

8 Wed
Understanding Ayurvedic Medicine - Uday Jani, MD
4-5 pm
Cancer Support Community - 645-9150

7 Tue
Peruvian Healing Traditions - Jose Pando, MD
6-7 pm
Cancer Support Community - 645-9150

See Page 2 for class descriptions
Many stroke survivors encounter long-term balance problems, which are associated with greater disability and an increased fall risk. A new small study suggests that the practice of yoga may boost stroke survivors’ balance and help them become more active. The study included 47 patients assigned to one of three groups: usual care, twice-weekly yoga, or yoga plus relaxation. The patients in both yoga groups showed significant improvements in their balance, were less afraid of falling, and had higher scores for independence and quality of life. The study was published July 26, 2012 in the journal *Stroke*. Summary accessed at: http://www.nlm.nih.gov/medlineplus/news/fullstory_127645.html

**More on Yoga—It May Help With Stroke Rehab**

Many stroke survivors encounter long-term balance problems, which are associated with greater disability and an increased fall risk. A new small study suggests that the practice of yoga may boost stroke survivors’ balance and help them become more active. The study included 47 patients assigned to one of three groups: usual care, twice-weekly yoga, or yoga plus relaxation. The patients in both yoga groups showed significant improvements in their balance, were less afraid of falling, and had higher scores for independence and quality of life. The study was published July 26, 2012 in the journal *Stroke*. Summary accessed at: http://www.nlm.nih.gov/medlineplus/news/fullstory_127645.html

**Acupuncture May Help Chronic Pain**

Millions of Americans use acupuncture each year for chronic pain, but there has been controversy surrounding its actual value as a therapy. Acupuncture is an ancient Chinese treatment in which thin, solid needles are inserted at specific points on the body. A recent study analyzed patient data from 29 high-quality trials involving 17,922 individuals with neck and back pain, osteoarthritis, shoulder pain, or chronic headache. The study provided rigorous evidence that acupuncture does reduce chronic pain. The study was funded by the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health (NIH). [Reference: Vickers AJ, Cronin AM, Maschino AC, et al. Acupuncture for chronic pain: individual patient data meta-analysis. *Archives of Internal Medicine*. September 10, 2012; Epub ahead of print. Summary accessed at: http://nccam.nih.gov/research/results/spotlight/091012].